

# Becoming Physically Active

HEALTHY BY CHOICE... NOT BY CHANCE

## Physical Activity

### HOW MUCH DO YOU REALLY NEED TO BE HEALTHY?

According to the Centers for Disease Control and Prevention, to reap important health benefits adults need at least:

#### *MODERATE INTENSITY*

- ⇒ 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and;
- ⇒ muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

#### *VIGOROUS INTENSITY*

- ⇒ 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week and;
- ⇒ muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

#### *COMBINATION*

- ⇒ An equivalent mix of moderate- and vigorous-intensity aerobic activity and;
- ⇒ muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

### 10 MINUTES AT A TIME IS FINE

We know 150 minutes each week sounds like a lot of time, but you don't have to do it all at once. Not only is it best to spread your activity out during the week, but you can break it up into smaller chunks of time during the day. As long as you're doing your activity at a moderate or vigorous effort for at least 10 minutes at a time.

### GIVE IT A TRY

Try going for a 10-minute brisk walk, 3 times a day, 5 days a week. This will give you a total of 150 minutes of moderate-intensity activity.



**FOR EVEN GREATER HEALTH BENEFITS**

Adults should increase their activity to:

- ⇒ 5 hours (300 minutes) each week of moderate-intensity aerobic activity and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
- ⇒ 2 hours and 30 minutes (150 minutes) each week of vigorous-intensity aerobic activity and
- ⇒ muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
- ⇒ An equivalent mix of moderate- and vigorous-intensity aerobic activity and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

**MORE TIME EQUALS MORE HEALTH BENEFITS!**

If you go beyond 300 minutes a week of moderate-intensity activity, or 150 minutes a week of vigorous-intensity activity, you'll gain even more health benefits.

**A FINAL NOTE...**

The key to reaping the benefits of physical activity is to stay free from injury. Always proceed slowly and carefully with any exercise plan. If you have any questions or concerns, be sure to contact a healthcare professional.

**WANT MORE INFORMATION?**

Be sure to check out the CDC's website at: [www.cdc.gov/physicalactivity/everyone/guidelines/adults.html#Aerobic](http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html#Aerobic)

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The Wellness Council of America (WELCOA) was established as a national not-for-profit organization in the mid 1980s through the efforts of a number of forward-thinking business and health leaders. Today, WELCOA has become one of the most respected resources for workplace wellness in America. With a membership in excess of 3,200 organizations, WELCOA is dedicated to improving the health and well-being of all working Americans. Located in America's heartland, WELCOA makes its national headquarters in one of America's healthiest business communities—Omaha, Nebraska.